

Garrod (A.B.)



CULLINGS

FROM

CARROD





CULLINGS

... FROM THE ...

TREATISE  
ON GOUT.

... AND ...

RHEUMATIC GOUT,

... BY ...

ALFRED BARING GARROD, M. D., F. R. S.

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1892

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IT is universally acknowledged that the writings of Dr. A. B. Garrod, of London, Eng., on Gout and Rheumatism are the most conservative, circumspect and scientifically comprehensive of any yet published upon the subject, and that they are therefore regarded as authoritative by the great body of reading and thinking physicians.

Selections *in extenso* from this great work would, for our purposes obviously be out of place, but we have deemed that the following cullings from that portion of it in which *the relation of the alkalies to the treatment of Gout and Rheumatism* is particularly considered, will be of general interest to the Medical Profession.

# PATHOLOGY AND TREATMENT OF GOUT.

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Having fully established our view of the pathology of the disease, it is only reasonable that our endeavors should be directed, first to preventing the formation of gouty matter, and next to aiding its expulsion from the system by other channels than the articular surfaces of the joints; and that we should not content ourselves simply with encouraging a fit, as has been often advised.

My own opinion as to the treatment in gout, derived from an extensive experience, is, that—

*First.*—In its acute form, gout is as controllable, and as much under the influence of remedies as any other inflammatory affection. At the same time I wish to lay great stress upon the nature of the treatment, feeling fully convinced that not only the duration of the paroxysm, but likewise the injury inflicted upon the joints, can be reduced

by the judicious use both of medicines and hygienic remedies.

*Secondly.*—The more chronic forms of gout, met with in every degree of severity, are also fully under the control of the physician; if not for their radical cure (and this can be scarcely looked for, when crippling of the joints and extensive deposits have already occurred), yet for so much relief as will enable the patient to enjoy life; besides which, appropriate treatment will in most cases prevent further mischief, which is so prone to ensue, if the disease be allowed to run its own course, or still more, if it be recklessly tampered with.

*Thirdly.*—As gout is a disease which is not only apt to return with increased severity, but to acquire a firmer hold on the constitution at each visitation, it is a matter of serious moment to consider whether it may not be prudent in the intervals of the attacks, not only to regulate the diet and regimen, but even occasionally to have recourse to some means, scarcely to be called medicinal, by which the blood may be kept free from those impurities, which by their accumulation lead to the production of the paroxysm. (Pages 287 and ff)

## WHEN PURGATIVES ARE REQUIRED.

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Purgatives given in moderation are undoubtedly of value in many cases of acute gout, more especially when accompanied with constipated bowels, retention of the bile, and portal congestion; but their efficacy under such circumstances simply depends on their power of restoring to a healthy state functions previously deranged, and not on their producing any specific effect either upon the affections of the joints or the state of the blood. (Page 304)

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## SALINES BEST ADAPTED.

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The remedies adapted to purify the blood are those which increase the activity of the secreting organs, more especially the kidneys; as also such as possess the power of rendering the presence of the urate of soda less injurious by preventing its deposition in the tissues or removing it when already infiltrated; for these purposes alkalies and salines \*are peculiarly called for, and many of them are of sufficient importance to demand a special inquiry into their nature and mode of action. (Page 354)

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\* In this connection the *Tenfold Carlsbad Water* may be recommended. This is a concentrated aperient water in which the ingredients of the natural Carlsbad Springs are dissolved in only one-tenth of the amount of water there employed.



## VALUE OF WATER POTATIONS.

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It is of much importance that the salines should be dissolved in a large quantity of liquid, and for this purpose I usually prescribe either plain or *aerated* water. The water itself is doubtless a powerful agent and, if judiciously employed, of much service as a remedy; it is one perhaps too much neglected by physicians of the present day. (Page 360)

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## OBJECTION TO LONG CONTINUED USE OF SODA.

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When in gouty patients the action of the liver is defective, I frequently employ the bi-carbonate of soda, mixing it sometimes with the citrate of potash. I have however an *objection to the long continued administration of large doses of soda salts in chronic gout*, as they appear to me to favor the development of urate deposits. (Page 362)



## POWERS OF LITHIA.

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One of the most remarkable properties of lithia is its power of imparting solubility to uric acid, the *urate of lithia being the most soluble of the known urates*.\*

To show the power which carbonate of lithia possesses in rendering urate of soda soluble, I made the following experiment: A metacarpal bone was selected, having the phalangeal extremity completely infiltrated with gouty deposit; this was placed in a small quantity of cold water, and a few grains of carbonate of lithia added; in the course of two or three days, when the head of the bone was examined, no deposit could be seen, and the cartilage appeared to have been restored to its normal state. (Page 366)

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## MEDICINAL VALUE OF LITHIA.

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When carbonate of lithia is given internally in doses from one to five grains dissolved in water, and repeated two or three times a day, it produces

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\* It has been found by Lipowitz, that when the mineral lepidolite is reduced to powder and boiled with uric acid, so great is the affinity of the acid for this base, that urate of lithia is formed, although the alkali was previously combined with silicic acid. (Page 365)

no direct physiological symptom, but when patients are voiding uric acid gravel, it exerts a marked influence, causing the *deposits either to become less or to cease altogether.*

*The value of lithia salts in the treatment of gout and gravel is based, first, upon the great neutralizing power of the alkali, arising from the low equivalent of this metal, and secondly, upon its powerful solvent action upon uric acid, in addition its local influence is slight, and its use does not appear to be attended with injurious consequences.* (Page 367)

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## SUPERIORITY OF LITHIA.

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Solutions of the lithia, potash and soda, were prepared with one grain of each of the dried salts to the fluid ounce of distilled water; Into these were placed small pieces of cartilage completely infiltrated with urate of soda, which were allowed to remain for forty-eight hours. At the end of that time, the cartilage taken from the lithia solution was found to have been restored to its natural condition, that from the potash was much acted upon, but that which had been submitted to the influence of the carbonate of soda appeared unaltered.

The salts of lithia should be administered in a freely diluted state, either dissolved in a large

quantity of plain water, or, which is preferable, *aerated water, forming lithia water*, and corresponding except in strength, with the soda and potash waters in general use.

When a large amount of an alkali is desirable, I have usually prescribed the carbonate of lithia in combination with some salts of potash, as the carbonate or citrate, which may be advantageously administered in the aerated states. Page 368

## EFFECTS OF LITHIA.

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All the salts of lithia appear to be powerful diuretics, in some patients increasing the flow of urine to a somewhat annoying extent; and I have known many instances in which a bottle of lithia water, taken at bed time, would cause the patient to be disturbed during the night, whereas the same quantity of soda water would produce no such result.

*The carbonate of lithia is, moreover, a very powerful alkalinizing agent.* In some patients I have seen the urine become distinctly alkaline from the exhibition of five grains of the carbonate dissolved in aerated water, and in numerous cases, I have known the administration of the same salt prevent the deposition of uric acid gravel for an indefinite period of time.

I have also ascertained from considerable experience, that the proper administration of lithia has a *considerable power in preventing the recurrence of gouty paroxysm*. In one case a patient sixty years of age, subject to both gout and uric calculi, by the use of lithia salts continued for seven years, not only prevented the *formation of calculi but likewise the recurrence of any gouty attack*. I have even known patients who asserted that, when taking this alkali they could indulge in wine with impunity. I have also been informed that individuals have lost gouty concretions by the long continued use of the salts of lithia. (Page 370)

## LARGE DOSES HAVE NO BAD EFFECT.

I may mention that although many of my patients have continued the use of lithia salts for a long time, I have never been able to detect any really injurious effects. Dr. Charcot states, in his annotations to the French edition of this work, that he has given carbonate of lithia to the extent of thirty and forty five grains in the twenty-four hours without the production of any unpleasant symptoms. In larger doses, continued for some days, dyspepsia was often produced.

*Its chief use is in chronic gouty cases, to ward off attacks and remove the remnants of the disease; it is likewise valuable, when administered as part of the prophylactic treatment.* (Page 372)

## EXTERNAL USE OF LITHIA.

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Within the last twelve years I have been led to the employment of lithia as an external agent. At first I used a weak solution of carbonate of potash and thought some benefit was often obtained from the application; I have however seen much more decided results from the use of a solution of lithia. In one of my earlier trials the solution was applied to the end of the index finger of a gentleman upon which there was a concretion about the size of a pea, which prevented the glove from fitting at all properly. The solution contained five grains of carbonate of lithia dissolved in a fluid ounce of rose-water: a piece of lint was soaked in it, and wound round the end of the finger; this was covered with a shield of thin gutta-percha. After a week or ten days, the little concretion, which was originally hard, became pasty in consistence, then more soft, and within the month it was almost entirely absorbed, and at last it disappeared. I afterwards tried to cause the absorption of larger tumours; in one case a concretion on the great toe of a patient in the hospital, of the size of a small egg was subjected to the same treatment, and the result was that in the course of six weeks it was reduced to half the size. In many other instances patients have assured me that a similar treatment has caused the deposits to disappear. (Page 392)

I have lately been in the habit of applying the same lotion to the phalangeal joints of fingers

which have become stiffened by an attack of gout, and the good effects have been most marked. The joints becoming restored to size and capable of being moved and handled at ease. The result of such treatment is obtained after the following has occurred, the only effect it usually is. Now and then I add to the solution the same quantity of belladonna powder as of cocaine at first, with the view of removing the gummy thickening of the Hæmorrhoids which so frequently attend this inflammation. (Pages 333)



# TO THE MEDICAL PROFESSION . . .

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If the perusal of the foregoing excerpts has called your attention to the intrinsic value of carbonate of lithia as a remedy for gout, rheumatism and all the diseases comprised under the head of "the uric acid diathesis," the undersigned begs leave to inform you that guided by the investigations of Dr. Garrod, he has constructed a formula for an effective preparation of lithia, which has been in active use for more than twelve years. It is in the form of a carbonated water and has been called "Garrod Spa" or Lithia potash water, as it contains both alkalis in such doses as Dr. Garrod advises to employ. Its success has been encouraging, and the favorable opinions of eminent practitioners have stimulated me to renewed exertions. The more it has become known, the more flattering have been the testimonials in its favor.

Its composition is very simple and the product has the great advantage of being pleasant of taste and very effective. It contains in 16 oz. of carbonated water:

Lithium Bi-Carbonate, - - -	14 grs.
Magnesium Bi-Carbonate, - -	10 "
Potassium Bi-Carbonate, - -	16 "
Sodium Chloride, - - - -	10 "

and is put up in pint bottles, one of which is con-



sidered to be a daily dose. The increase or decrease of this dose must be left to the discretion of the practitioner. A prominent physician in the interior of the State took one bottle every other day for twelve months, and has informed us of the total extinction of his malady.

As there may be cases in which the employment of carbonic acid gas is contra-indicated, I also manufacture a still water, which being intended for use in larger quantities has been less medicated and contains but half the ingredients of the above formula.

Any further information will be cheerfully given by

Yours very respectfully,

ENNO SANDER,

*125-129 S. Eleventh St.*

*ST. LOUIS, MO.*

# THE GARROD SPA

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